

# NUTRITION FACTS LABEL

Check  
serving size

## Nutrition Facts

Serving Size: 1/2 cup (40g)  
Servings Per Container: 13

Amount Per Serving

Calories 143

Calories from Fat 27

% Daily Value\*

Total Fat 3g 4%

Saturated Fat 0.5g 2%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 10mg 1%

Total Carbohydrate 27g 9%

Dietary Fiber 4g 15%

Sugars 1g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending  
on your calorie needs.

Low fat  
is good

Eat less  
of these

High fiber  
is good  
(3g or more)

Check total  
carbohydrate

(Sugars are part of  
total carbohydrate.  
Don't count twice.)

Illustration only.